

# 6

FULL NAME: \_\_\_\_\_

## How often do you run?

Complete the chart. Use words from the box.

baseball    soccer    basketball    volleyball    football  
walking    jogging    weight training    Pilates    yoga

| Sports   | Fitness activities |
|----------|--------------------|
| baseball |                    |
|          |                    |
|          |                    |
|          |                    |
|          |                    |



Arrange these words to make sentences or questions.

- often    mornings    play    on    we    tennis    Saturday  
We often play tennis on Saturday mornings
- ever    Ryan    do    does    yoga  
\_\_\_\_\_?
- go    do    often    swimming    how    you  
\_\_\_\_\_?
- go    never    I    almost    jogging  
\_\_\_\_\_.
- hardly    they    basketball    play    ever  
\_\_\_\_\_.
- do    on    you    what    usually    Sundays    do  
\_\_\_\_\_?

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**Use these questions to complete the conversations: *How often do you . . . ?*  
*Do you ever . . . ? What do you usually . . . ?***

1. A: Do you ever go bowling?  
B: Yes, I often go bowling on weekends.
2. A: \_\_\_\_\_  
B: Well, I usually do martial arts or watch TV after work.
3. A: \_\_\_\_\_  
B: Yes, I sometimes play sports on weekends – usually soccer.
4. A: \_\_\_\_\_  
B: I don't exercise very often at all.
5. A: \_\_\_\_\_  
B: No, I never go to the gym on Saturdays.
6. A: \_\_\_\_\_  
B: I usually go jogging four times a week.

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**Use these questions to complete the conversations: *How often do you . . . ?*  
*Do you ever . . . ? What do you usually . . . ?***

1. A: Do you ever go bowling?  
B: Yes, I often go bowling on weekends.
2. A: \_\_\_\_\_  
B: Well, I usually do martial arts or watch TV after work.
3. A: \_\_\_\_\_  
B: Yes, I sometimes play sports on weekends – usually soccer.
4. A: \_\_\_\_\_  
B: I don't exercise very often at all.
5. A: \_\_\_\_\_  
B: No, I never go to the gym on Saturdays.
6. A: \_\_\_\_\_  
B: I usually go jogging four times a week.
-

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Complete this conversation with the correct prepositions. Write them in the correct places.

**Kelly:** What time do you go swimming <sup>in</sup> the morning? (around / in / on)

**Neil:** I always go swimming 7:00. (at / for / on)

How about you, Kelly?

**Kelly:** I usually go swimming noon. (around / in / with)

I swim about 30 minutes. (at / for / until)

**Neil:** And do you also play sports your free time? (at / in / until)

**Kelly:** No, I usually go out my classmates. (around / for / with)

What about you?

**Neil:** I go to the gym Mondays and Wednesdays. (at / on / until)

And sometimes I go jogging weekends. (for / in / on)

**Kelly:** Wow! You really like to stay in shape.



6

Complete the sentences. Use the words from the box.

|                |                       |                     |                    |                  |         |
|----------------|-----------------------|---------------------|--------------------|------------------|---------|
| do<br>swimming | ice hockey<br>watches | soccer<br>exercises | treadmill<br>shape | goes<br>training | jogging |
|----------------|-----------------------|---------------------|--------------------|------------------|---------|

- Katie never exercises.  
She's a real couch potato.
- How often do you \_\_\_\_\_ martial arts?
- I like to stay in \_\_\_\_\_. I play sports every day.
- Jeff does weight \_\_\_\_\_ every evening.  
He lifts 50-pound weights.
- Arturo goes \_\_\_\_\_ twice a week. He usually runs about three miles.
- Miho often \_\_\_\_\_ TV in the evening.
- Maria is on the \_\_\_\_\_ team at her high school. She's good at passing the ball.
- Judy never goes \_\_\_\_\_ when the water is cold.
- Kyle often \_\_\_\_\_ bike riding on weekends.
- I run on the \_\_\_\_\_ at the gym three times a week.
- In Canada, many people like to play \_\_\_\_\_ outside in the winter.



A Read the descriptions of three unique sports that are played in different parts of the world. Which sport do you want to try? Why?

## Capoeira



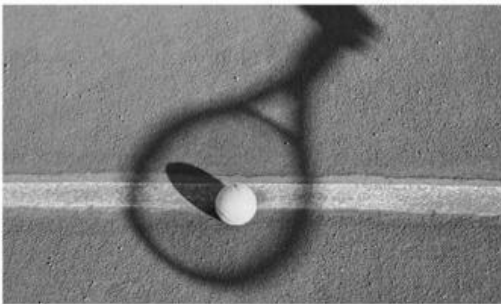
Capoeira is a sport that comes from Brazil. It is part martial art, part dance, and part game. The legs do most of the work in this sport. Capoeiristas kick, jump, and dance to the music of stringed instruments, drums, bells, and rattles. Although the two people are fighting and defending themselves, capoeira is really more about movement, speed, and knowing what your opponent is thinking.

## Hurling

The game of hurling comes from Ireland. It is the fastest field sport in the world. Hurlers play on a field like soccer but use a stick and a small ball. The stick is used to carry or hit the ball, or players can kick it or slap it with their hands. They try to get the ball over a bar for one point or under the bar into a net for three points. Hurling is a very old sport and similar to modern rugby, soccer, field hockey, and football.



## Bashi



Bashi is a national sport in the Maldives, and only women play it. Between eight and eleven women play on a tennis court with tennis balls and one tennis racket. One player hits a ball with the racket on one side of the net, and players try to catch it on the other side. The woman who hits the ball faces away from the net and has to hit the ball backwards over her head! Women often get injured trying to catch the fast-moving balls with their bare hands.

B What sport do the activities describe? Check (✓) the answers.

|                                        | Capoeira                 | Hurling                  | Bashi                    |
|----------------------------------------|--------------------------|--------------------------|--------------------------|
| 1. hit a ball backwards                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. run very fast                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. know what your opponent is thinking | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. get a ball in a net                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. move with music                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. hit a ball over a net               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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**Choose the correct responses.**

1. **A:** How often do you play golf, Monica?

**B:** Once a week.

- I guess I'm OK.
- Once a week.
- About an hour.

2. **A:** How long do you spend on the golf course?

**B:** \_\_\_\_\_

- About four hours.
- About average.
- About three miles.

3. **A:** And how well do you play?

**B:** \_\_\_\_\_

- I'm not very well.
- I almost never do.
- I'm about average.

4. **A:** How good are you at other sports?

**B:** \_\_\_\_\_

- Not very good, actually.
- I sometimes play twice a week.
- Pretty well, I guess.